

HEALTHBEAT

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Update from the CVH Staff:

- ◆ The Nebraska Cardiovascular Health Program will now be offering two separate newsletters. One will focus on Primary Prevention information such as nutrition, physical activity and obesity related issues. The other, (Healthbeat) will focus on Secondary Prevention information for CVD and risk factors associated with the diseases. We will be sending you both newsletters for the next few months. If you wish to unsubscribe to the Healthbeat, please email kari.majors@hhss.ne.gov and type Healthbeat Unsubscribe in the subject line. To subscribe only to the Primary Prevention newsletter, you will need to email holly.dingman@hhss.ne.gov and request a subscription. We hope this will give you more information related to your specific interests.
- ◆ The Nebraska Health and Human Services System, Office of Disease Prevention and Health Promotion is currently seeking qualified candidates for the position of Physical Activity Coordinator. The recent job ad and online applications are attached to the email or can be found at <http://www.hhs.state.ne.us/hur/job.htm>. Please share this information with anyone who may be interested. Thank you!
- ◆ February 3rd, 2006 is National Wear Red day for Heart Month. If you would like more information on activities taking place during February to recognize Heart Month, please contact Kari Majors at 402-471-1823.

Upcoming Conferences and Events

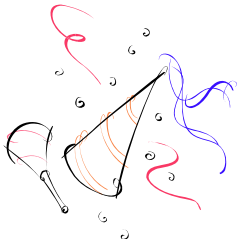
◆ International Congress on Physical Activity and Public Health

Online registration is open for the International Congress on Physical Activity and Public Health, 17-20 April 2006, Grand Hyatt Atlanta Bulkhead, Atlanta, Georgia. Registration deadline is April 7, 2006. After April 7 and on site fees are higher. See http://www.cdc.gov/nccdphp/dnpa/ICPAPH/congress_registration/index.htm

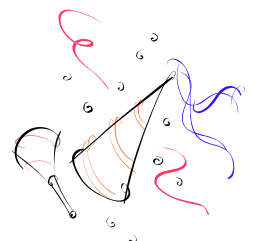
◆ CDC's 2006 National Health Promotion Conference

Join local, state and national public health leaders, businesses, communities, researchers, policymakers, communicators, and other professionals to discuss new directions in health promotion. Together, we will lay the foundation for a national public health agenda that is focused on the broadest concepts of health promotion and wellness delivery. The conference tracks include Nontraditional Partnerships; Innovative Approaches to Public Health Practice; Translating Science and Evaluating Results; Health Policy and Communications; Implementing Best Practices at the Local Level; and Emerging Issues and Hot Topics in Public Health. Hilton Atlanta--Atlanta, Georgia September 12-14, 2006

Visit <http://www.cdc.gov/cochp> for updates and more information.



Happy New Year!



Heart Disease and Stroke Related Information

Fatty Liver Predicts Heart Disease in People with Diabetes

NEW YORK (Reuters Health) - The risk of cardiovascular disease is "moderately increased" in type 2 diabetics with nonalcoholic fatty liver disease, according to Italian researchers. Dr. Giovanni Targher and colleagues at Sacro Cuore Hospital of Negrar in Verona studied 2,103 people with type 2 diabetes, who were free of cardiovascular disease at the start of the study. During a 5-year follow-up period, 248 subjects developed nonfatal coronary heart disease -- defined as having a nonfatal heart attack or needing heart bypass or angioplasty -- or suffered a stroke, or died of cardiovascular causes. These subjects were compared with 496 "controls" who remained free of heart disease. The team reports in the medical journal *Diabetes*, that individuals with fatty liver disease (that wasn't attributable to alcohol abuse) had an 84 percent high likelihood of developing cardiovascular disease. The investigators conclude that "the casual detection of nonalcoholic liver disease on an ultrasound" in type 2 diabetics should alert doctors "to the coexistence of multiple underlying cardiovascular risk factors warranting evaluation and treatment as much as the risk for advancing liver disease." SOURCE: *Diabetes*, December 2005. 2006 Reuters Health

New Evidence Affirms Need for Rapid Stroke Treatment

In a unique study published in *Stroke: Journal of the American Heart Association*, scientist Jeffrey L. Saver, M.D., timed and quantified brain damage that occurs during ischemic stroke, the most common type of stroke. Dr. Saver's findings reveal that over 2 million brain cells die each minute a stroke goes untreated, which amounts to a pea-sized portion of the brain. Brain tissue the size of 1.5 Ping-Pong balls dies when a stroke runs its normal course of 10 hours without treatment. The study provides more compelling evidence of the importance of calling 9-1-1 at the first signs of stroke. Dr. Saver also urges bystanders, who are often in a better position than the stroke victim to call for help, to feel empowered to phone 9-1-1 if stroke is suspected. <http://www.americanheart.org/presenter.jhtml?identifier=3036010>

Bypass Surgery Drops 90 Percent among Angioplasty Patients

A new study in the *Journal of the American College of Cardiology* reveals a 90 percent decline in the need to send patients to emergency bypass surgery during angioplasty procedures. The study reviewed 25 years of angioplasty data from the Mayo Clinic, covering more than 25,000 cases dating back to the first angioplasty performed in 1979. The study attributed the decline to the use of stents, improvements in drug therapy, and device technologies that make angioplasty safer and more successful. Current angioplasty data revealed that most angioplasty patients who need emergency bypass surgery typically had previous cardiac procedures, plus a high prevalence of high blood pressure and heart failure.

Low-Dose Cholesterol Meds Reduce CHD Risk

A healthy diet and low-doses of the cholesterol-lowering medication pravastatin can reduce the risk of coronary heart disease in patients with moderately elevated cholesterol levels. That's according to late-breaking clinical trials at the American Heart Association's Scientific Sessions 2005. The study, "Management of Elevated Cholesterol in the Primary Prevention Group of Adult Japanese (MEGA)," found that men and women who followed a healthy diet and took low-dose pravastatin showed a 33 percent decrease in the incidence of CHD compared to those who made dietary changes only. Researchers reported that even small decreases in cholesterol levels resulted in a significantly reduced risk of CHD. <http://www.americanheart.org/presenter.jhtml?identifier=3035548>

Dining Out Raises CVD Risk in Children

Researchers at the American Heart Association's Scientific Sessions 2005 reported that children who eat out frequently are at greater risk for developing cardiovascular disease than children who eat most meals at home. The study followed 621 second, fifth, eighth, and eleventh grade students who participated in the Wausau SCHOOL Project. Students who ate out four or more times per week (not including school lunches) showed higher blood-pressure levels, lower levels of HDL ("good") cholesterol, smaller LDL particle size (associated with atherosclerosis), and lower insulin resistance than participants who ate out less than four times per week. Upon questioning the students, researchers found that those who ate out more tended to exercise less and consumed more sugar, sodium, fat, and cholesterol. The researchers are now working on lifestyle intervention strategies to improve diet and exercise habits in children to reduce their CVD risk now and in the future.

<http://www.americanheart.org/presenter.jhtml?identifier=3035201>

Heart Disease and Stroke Related Information

High Cholesterol May Predict Hypertension in Men

Men with high cholesterol levels are significantly more likely to develop high blood pressure than those with low levels. That's according to a study published recently in *Hypertension: Journal of the American Heart Association*. Data analyzed from the Physicians' Health Study, which collected baseline blood levels from 3,110 men who were free from hypertension, cardiovascular disease, and cancer, revealed that those with the highest total cholesterol levels were 23 percent more likely to develop high blood pressure as those with the lowest levels. Participants with the highest non-HDL (bad) cholesterol levels were 39 percent more likely to develop high blood pressure than those with the lowest non-HDL levels. Researchers will conduct further studies to determine whether lipids have an independent effect on blood pressure or if other risk factors play a role.

<http://www.americanheart.org/presenter.jhtml?identifier=3036098>

Glucose Control Cuts Heart Disease Risk in Half in Patients with Type 1 Diabetes

A follow-up study of patients who took part in the Diabetes Control and Complications Trial more than a decade ago showed that intensive blood glucose control reduced cardiovascular events more than drugs that lower blood pressure or cholesterol. The study, published recently in the *New England Journal of Medicine*, followed 1,441 people with type 1 diabetes and initially found that intensive blood glucose control (consisting of one or two insulin injections per day and daily urine and blood glucose testing) significantly reduced eye, nerve, and kidney damage. As researchers continued to follow the patients, they found that tight glucose control also reduced the risk of a cardiovascular event by 42 percent and the risk of a serious event (such as heart attack or stroke) by 58 percent. The findings indicate that tight glucose control can have a similar effect in patients with type 2 diabetes. Over 21 million Americans -- or 7 percent of the population -- have diabetes.

<http://www.nih.gov/news/pr/dec2005/niddk-21.htm>

Eyes Offer Window into Increased Stroke Risk

A study published recently in *Stroke: Journal of the American Heart Association* revealed that blood vessel abnormalities in the back of the eye can indicate an increased risk of "silent stroke." The study, which followed 1,684 men ages 55-84, found that those with retinal abnormalities were two to three times more likely to have cerebral infarcts than patients who did not have abnormalities. While further research is needed to determine the need for a change in clinical practice, the study demonstrates the usefulness of retinal photography in the study of stroke risk. <http://www.americanheart.org/presenter.jhtml?identifier=3035835>

Resources and Funding Opportunities

STROKES AFFECT THOUSANDS OF HISPANICS EACH YEAR -- LEARN TO RECOGNIZE SYMPTOMS

More than 700,000 strokes occur in the U.S. every year. For older Hispanic Americans, stroke is the third leading cause of death after heart disease and cancer. Strokes also cause more serious long-term disabilities than any other disease. Most often, a stroke occurs when blood flow to the brain is blocked by a clot. Brain cells are damaged or begin to die because they don't get the oxygen and nutrients they need. The brain then stops sending signals to other parts of the body that control things like speaking, thinking, and walking. Learning more about stroke can help you act in time to save a family member or friend. New treatments greatly reduce the damage caused by a stroke, but you need to act quickly. Knowing the symptoms of a stroke, calling 911 immediately, and getting to a hospital are critical. And making lifestyle changes can help prevent a stroke. For example, it is important to stop smoking, eat a healthy diet, exercise regularly, and work to control high blood pressure and manage diabetes. The National Institute on Aging (NIA) is offering a free fact sheet in Spanish with information on recognizing the warning signs of stroke, lowering risk factors, and finding resources for patients and their families. To order a free copy of "Accidente Cerebrovascular", call 1-800-222-2225 weekdays between 8:30 a.m. and 5:00 p.m. Eastern time. A Spanish-speaking information specialist is available to respond to calls. You also can order this and other Spanish publications on healthy aging on the NIA website at <http://www.niapublications.org>.

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